

Latino Community Stage



Workshop
Summary

A Problem-Solving Approach For Life Management

In many cases – we wing it! It’s an ineffective method, but it’s what most people do! Without strategies, we do our best with what we know, use the same approaches that just don't work, or simply give up. Especially when trying to navigate through school, there is no clear guidance or course that teaches young academics how to handle common, unexpected, or major life pressures. Stress is inevitable, but how students cope with their troubles may significantly affect attention, motivation, and academic progression. This workshop offers a gateway to increased control over school and life stressors. Specifically, this workshop targets thinking and behavioral traps that often intensify stress. The goal is to learn preventive and responsive strategies cultivate resiliency. By the end of this interactive workshop participants will have learned practical and adaptive problem-solving strategies that will help them excel inside and outside the classroom.

Workshop Description

Target Audience

- High school, community college and university students (all majors welcome)
- Ideal for student led clubs/orgs, nonprofits, symposiums, & conferences

Primary Objective

Increase confidence and control over common academic and life stressors

Our Goals

- Present an adaptive and practical problem-solving model that can be used inside and outside classroom setting
- Assess personal approaches to problem solving that may hinder or help pursue desired outcomes
- Introduce coping strategies that foster resiliency
- Develop a “we” mindset that encourages help seeking behaviors alongside supportive others

Desired Outcomes

- Gain and identify preventive and responsive methods of problem solving
- The ability to apply problem solving model and newly formed skills to personal situation

Topics Covered

- A solution-focused mindset
- Social stressors
- How resiliency works
- Help seeking behaviors
- Destructive coping strategies
- The role of emotion
- Common knowledge vs. common practice
- Developing a Personal Toolbox

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Length of Workshop:

Workshop can be adapted to meet the needs of the group or event.

Where?

Due to covid restrictions, we are offering virtual workshops at this time. However, if your group would still like an in-person workshop at your facility, please let us know to make arrangements.

Workshop Fee:

One virtual workshop is free for the group. However, workshop series fee will depend on number of participants in cohort group and length of workshops. Program or organization is responsible for fee. All workshops are intended to be free for all students.

Book a Workshop

Contact our Event Coordinator at <https://www.latinocommunitystage.org/contactus> if you have any further questions or to book a workshop.

Important Notes:

- Do workshop participants have to be Latino/a? Nope! Although the Latino/a population is our primary demographic, everyone is welcome to take part and contribute to workshops.
- What's the process like? We keep things simple! Our event coordinator will answer any additional questions and send a simple checklist that will help organize the workshop or your event.
- Is there acting or theater involved? Why Latino Community Stage? Ah no, not at all. Much of what we do is about putting the best and brightest Latino/as on a *global stage* to celebrate their accomplishments. Take a look at LatinoCommunityStage.org.